



Criteria Menu #1

Participate in Walk Your Child to School Day.



Definition: Each October, millions of children, parents, teachers, and community leaders across the globe walk to school to celebrate International Walk to School Day. The goal of Walk to School Day is to enhance the health of students, to help parents realize that their children can walk to school, to create safer routes for walking and bicycling, and to improve air quality and the environment. To complete this criterion your school must encourage students to walk or bike to school on this day or week using the school's established Safe Routes. After the event continue to encourage students to walk or bike to school throughout the year.

Your school PTA will be receiving materials to help in planning for this day. Register your school with the Utah Department of Health by returning the postcard enclosed with Walk to School materials, and also with the International Walk to School program at www.walktoschool.org.

Resources

Walk to School Day	www.walktoschool.org www.iwalktoschool.org
UDOH, Utah Walks	http://www.utahwalks.org/
Safe Routes to Schools	http://www.saferoutestoschools.org/
UDOH, HDSPP	Jane Lambert janelambert@utah.gov



Assignments

School Coordinator Assignments

- Schedule a day to hold Walk to School Day
- Advertise and promote Walk to School Day
- Register your school by postcard and at www.walktoschool.org

Mentor Assignments

- Find people to support the event: local athletes, law enforcement, etc.
- Attend Walk to School Day
- Make posters/flyers promoting Walk to School Day
- Write a description for the mid-year and end-year reports



Criteria Menu #1 Ideas

- Kick off Walking School Busses
- Start your Gold Medal Mile walking program
- Invite athletes, law enforcement officials, or local authorities to attend your Walk to School Day; Ask them to speak on the importance of physical activity and staying safe
- Have a nutritious breakfast ready at the school for those students who walked
- Give stickers to the students who walked to recognize them for their effort
- If students are dropped off at school have a Walk Around the School Day
- Let students who live too far away to walk participate in the day's events
 - Arrange for buses to drop students off a mile from the school and have them walk the rest of the way
- Encourage parents to participate
- Introduce Safe Routes and pedestrian safety education before Walk to School Day so students will be safe as they walk to school
- Make it last!
 - Participate in Walk to School Week
 - Encourage students to continue walking to school
 - Start a morning walking club
- Partner with your Local Health Department to get ideas and support for the event
- Get the community involved by sending out a news release

Walk to School Day Description Template

A description must include specific details describing how the school completed the criteria. If you are writing a description for criteria that the school achieved in previous years please include a description of what the school is doing **this year** to maintain that level not what they did in previous years.

A Gold Medal Schools description does not require an Intent, Rationale, Reinforcement or the principal's signature. Use this template to write your description (all information is required).

A sample description for this criterion is provided on the next page.

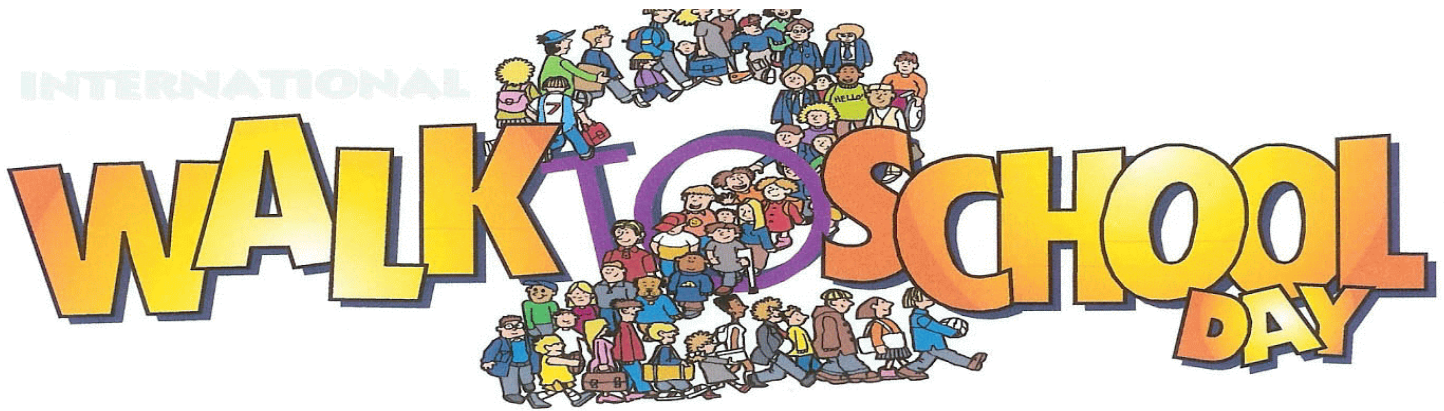
The description must include...

- ☐ The date of the event
- ☐ A description of how the event was promoted
- ☐ A description of what was done on the day of the event



Walk to School Day Description

Green Meadow Elementary participated in the Walk to School Day on Wednesday October 3, 2007. The school sent letters to the parents to inform them of the event and encourage them to participate. On the morning of the event students walked to school using the established Safe Routes. Students who ride buses were dropped off one mile from the school so that everyone had an opportunity to walk. Miss Appleton and Officer Friendly attended the event. They distributed pins to those students who walked to school. They spoke with the students and encouraged them to continue to walk to school and to stay active and healthy.



WED. OCTOBER 8, 2008

Walk to School Day is a program that aims to get children to walk and bicycle safely to and from school in groups or accompanied by adults. This gives kids a chance to be more physically active, to practice safe pedestrian skills, and to learn more about the environment. At the same time, we can help children and their parents to realize that their neighborhoods are safe places to walk. This may help them to make walking an enjoyable part of their lives.

- ★ Make children more alert; help them to do better in the classroom
- ★ Improve independence and self image
- ★ Contribute to healthy social and emotional development
- ★ Increase the likelihood that children will grow into adults who lead more active lifestyles, improving their chances for better health
- ★ Help children maintain lean, strong and healthy bodies
- ★ Make children aware of safe places to cross and walk
- ★ Teach pedestrian awareness and walking rules
- ★ Reduce pollution, improve air quality by decreasing the number of motor vehicles on or near the school grounds
- ★ Provide a means for lessening “Stranger Danger”
- ★ Ensure the safety of children as they arrive and leave the school grounds

Start planning, now, to make your Walk to School Day successful.

For information about registration and more:

Jane Lambert

email: janelambert@utah.gov

phone: 801-455-4170

Registration for Walk to School Day
Wednesday, October 8, 2008

School Name _____

Mailing Address _____

City _____

Zip Code _____

School District _____

Approximate number of students in school _____

Contact name _____

Contact phone number _____

Contact e-mail address _____

Activities you plan to conduct for Green Ribbon Week, Walk to School Day, and Safe Routes to School:

Walk to School Day:

- ☐ Parents walk to school
- ☐ Walkability Check Lists
- ☐ Walk to School Incentives, ie. Pins, stickers, refreshments, etc.
- ☐ Walk Across America or a similar program
- ☐ Encourage children who bus to walk to and from bus stop
- ☐ Other, please describe

Safe Routes to School:

- ☐ Plot safest routes on map and send to parents
- ☐ Form School/Community group to formulate a Safe Routes Plan
- ☐ Set up Walking School Busses
- ☐ Other, please describe

Green Ribbon Week

- ☐ Invite the Police Department to speak to students
- ☐ Teach pedestrian and bicycle safety
- ☐ Introduce Green Ribbon Month Parent and Student pledges
- ☐ Use a police radar gun to clock speeds of motorists in school zone
- ☐ Tie green ribbons to fences, cars, etc.
- ☐ Other, please describe

Be sure to register on www.walktoschool.org for additional information.

Please send this form to:

Jane Lambert
Utah Department of Health/HDSPP
PO Box 142107
Salt Lake City, Utah 84114-2107